WEEKLY MENU

## TERRY TAN CHILD CENTRE

WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM	WW Shreddies, Milk	Ritz crackers, Fresh Fruits	Apple Butter, Cinnamon Raisin Bagel	Hard Boiled Eggs, Wheat Crackers	Multigrain Cereal, Milk
LUNCH	WW/ Vegetable Pasta, Swedish Chicken Meatballs, Pepper and Cucumber Sticks, Garlic Bread, Fresh Fruits, Milk	Turkey Noodle Soup, Salami, Chicken and Cheese Submarine, Baby Carrots, Sausage Bun, Mustard, Fresh Fruits, Milk	Alaska Pollack Nuggets, Rice Pilaf, Ketchup, Cauliflower Floret and Green Bean, Whole Wheat Flat Bread, Fresh Fruits, Milk	Beef Lasagna, Mixed Green Salad, Dressing, Crisp Bread, Fresh Fruit, Milk	Chicken Breast Sausage, Oven Roasted Potato Bites, Ketchup, Asparagus and Celery Stick, Sausage Bun Fresh Fruits, Milk
PM	Apple Sauce, Pretzel	Mini Croissant, Wow Butter	Granola Bars, Fresh Fruit	Yogurt <i>,</i> Apple Cinnamon Pie	Blueberry Muffin, Fresh Fruits
THIRD	Pears, Water	Oranges, Water	Apples, Water	Bananas, Water	Oranges, Water
Veggie sticks and Bread may change without notice based on availability	Where it states chicken/beef, veggie "meatballs", "meat" patties, ground "meat" is substituted to resemble as nearly as possible the menu item listed. Legumes are also provided for all children.	Legumes are also provided for all children.	Toddler raw veggies are microwaved for one minute before serving.	Water is available with every meal. AM food is snack and not breakfast.	Menu is subject to change based on seasonal availability.